Spotlight on Business

Call Dan at 461-4306 or 469-0101



Free samples and delivery of Metabolife 356TM



(619) 469-8825

Independent Distributor

Attention To All Auto Accident Victims!

A Special Consumer Alert Warning from Dr. Caruthers announcing new methods to treat auto accident victims, people who've suffered on the job injuries, bad falls, and other accidents. You do not have to live in pain! You can get a FREE Special Report that reveals little-known secrets to ensuring your injuries do not plague you the rest of your life! Nationally known pain relief specialist is making this limited time offer - Call today! 1-888-874-5932, ext. 114, 24 hours a day, for a free recorded message and free copy of this special report!

SERVING THE ENTIRE SAN DIEGO AREA

McCrea Music Company



AND STUDIOS SALES • RENTALS INSTRUMENTS **ACCESSORIES** •

RUCTION ALL INSTRUMENTS

698-7272

8361 ALLISON AVENUE LA MESA EZ ACCESS FROM HWY 94 & HWY 8

For this space!
(Four-week minimum)

Call Dan immediately! 461-4306

Reach 6 East County communities!

BULK RATE U.S. POSTAGE PAID LA MESA, CA. PERMIT NO. 188



South's Matadors, North's El Cap favored

by Mary Rosen

Grossmont League's girls basketball teams get down to the business of trying to win their divisions next Tuesday and possible CIF berths in March.

SOUTH

In the South, last year's defending champs, Mount Miguel will be trying to repeat its 8-0 record and a good seeding in the CIF.

According to Matadors coach Jimmy Hurst, the team will be led by threeyear starter Tabatha Velis, a 5'5" point guard.

Since the team is guard oriented, she will be trying to set up the team's fine forwards, 5'10" junior Deanna McAdams and 5'8" soph Leah Murphy.

Hurst, in his fourth year. noted that all he expects from his players is to fulfill the motto of "Do best you can, play hard and have fun," which he feels will lead to another top finish in

Among the South team's standing in the way is cofavorite Valhalla, coached Kenisha Nelson. by Andy Rucker.

Rucker noted that his team plays a fast-break game and a motion offense which tries to take advantage of whatever shows up players.

The Norsemen girls are led by 5'6" point guard Lea Phillpotts, and guards 5'8' Jenna Farsetta and 5'4" Jenene Stutz.

Rucker said that the team has a real shot at the South title since he feels that it could be one of the top two teams he has coached in the eight years he has been at the school.

Granite Hills may be an outside threat to edge out either or both teams, despite finishing last in the South last season.

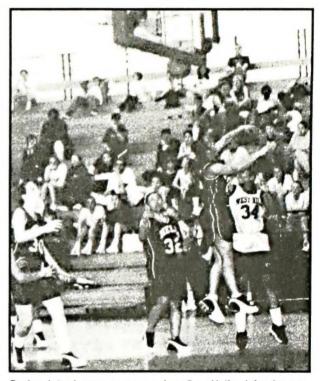
Coach Jay Rowlett said that with his experienced team (three seniors and three juniors), he feels that a goal of winning league is not out of the question.

He noted that with 6'0' center Christina Daloy and 5'5" guard Christina Turner. the team runs the floor very well and plays a good man defense

He did agree that Mount Miguel and Valhalla should be favored.

Helix may turn out to be the surprise in the South behind 6'2" center Elizabeth Keesey and 5'6" guard

It was noted by coach Kathy Gunion that the team's success will largely depend on getting the ball inside to Keesey and other adjusts to the loss of Diana



During inter-league game on Jan. 5, a Helix defender was unable to block shot by West Hills player, while other Highlanders wait for possible rebound. After falling behind, 30-8, in the first half, Helix was only able to close the gap slightly as the final score was 55-37. Game was played at photo by Marv Rosen

ers finished in a three-way

may be how the team for the Monarchs. Garrett, who has been Last year, the Highland- declared ineligible to play.

First-year coach Carlos tie for second behind Mount Moss at Monte Vista does not intend to make this year One key to the season a learning or adjusting year

The players that Moss

Continued on Page 2

Earthshine lights up thin waning moon

Tonight, an hour before sunrise on Wednesday and on Thursday, find a thin waning crescent moon in the southeast with earthshine on its dark side. On Wednesday, reddish Antares, heart of the Scorpion, is within 10 degrees below or lower right of the moon.

Wednesday night, an hour before sunrise on Thursday, face southeast to see the thin crescent moon with Antares about 12 degrees to its right.

Thursday night is the last easy chance to see old moon: On Friday, an hour before sunup, look very low in southeast.

Friday night, if sky is very clear Saturday morning, use binoculars to scan the horizon about 30 degrees south of east. You'll need an unobstructed view to see the very old crescent moon.

On Saturday. (mid-January each year) Altair is equally visible in west at dusk and in east at dawn. Farther north, look for Vega and Deneb, the other two stars of the Summer Triangle.

The new moon occurs Sunday at 7:46 a.m. PST, as the moon passes narrowly and invisible north of the sun. First chance to see the young moon will be early Monday evening, marking the end of the Islamic holy fasting month of Ramadan.

Monday, a half an hour after sunset, the young crescent moon is low in west-southwest. From Southern California, moon and Venus are within 4 degree. The moon's age, or time elapsed since new, ranges from 30 hours in Maine to 37 hours in Hawaii.

On Jan. 19, in the southwest at dusk, find the 2-1/2-day-old crescent moon with Venus about 7 or 8 degrees to its upper left. As the sky darkens and Venus sinks low, note the alignment of Venus, moon, Jupiter and Saturn. Watch the moon overtake Jupiter and Saturn later this week and over the weekend.

On Jan. 20, find the waxing crescent moon in southwest at dusk. with Venus 20 degrees to high in southern sky, 32 degrees to Jupiter's

Send your Fictitious Business Statement to

The Lemon Grove Review

Box 127, Lemon Grove, CA 91946

The Lemon Grove Review

Box 127, Lemon Grove, CA 91946 • (619) 469-0101

Published Tuesdays and Thursdays Adjudicated a newspaper of general cir culation in Superior Court of State of California in and for San Diego County December 5, 1949 Entered as Third Class matter in La Mesa. CA.

Adjudication Number 155392 \$20 yearly in San Diego County \$40 yearly elsewhere in U.S.A

Steven Saint, Publisher

Assistants to the publisher: Cheryl Cohen. Trudy Thomas Sports Editor: Mary Rosen Contributing writers: Cheryl Cohen Michael Krawczak, Joe Naiman. Paul Treske. Betty Jo Tucker. Jason Williams

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertise ment shall constitute final acceptance

Send all correspondence to Forum Publications, Inc., PO Box 127, Lemon Grove. CA 91946



Funds for new Lemon Grove library low on county's list

by Joe Naiman

The Board of Supervisors is responsible for the County Library System and thus needs to address library needs of growing communi-

The County Library System operates 31 branches, two bookmobiles, and an Adult Literacy Services Center in 11 cities in the unincorporated areas of the county.

In the Capital Improvement Plan priority list, while a branch in Spring Valley is at the top, with the Casa de Oro branch as its seventh priority, the Lemon Grove branch is far down the list as the ninth priority, and the La Mesa branch as the 11th priority. Spring Valley's current library is located in a storefront shopping

Supervisor Dianne Jacob held a community meeting following the the Board of Supervisors meeting on Sept. 15, where a proposed combination of a Steel Canyon High School and Rancho San Diego

Those in attendance voted to focus on design and construction of a library on the 1.84 acre Brabham Street parcel which had been donated to the county for a branch library in 1988 by the Home Capital Development Corporation. The Rancho San Diego site is currently listed as the sixth priority among the county library system's 18 Capital Improvement Plan items.

In the event that Proposition L, the half-cent sales tax increase for libraries, is passed March 2, an additional one-time sum estimated at about \$700,000 would provide computer equipment and furnishings for the latter's new facility

Lemon Grove Fire Log

Dec. 13, 1998

3200 blk. Olive St. Seizure.

2100 blk. Washington St. Unknown medical.

7700 blk. Broadway Ave. Vehicle fire.

Dec. 14, 1998

2300 blk. Lawton Ave. Fall.

2100 blk. Ensenada St. Fall.

Hwy. 125/Lemon Ave. Vehicle fire freeway.

7100 blk. Waite Dr. Single-engine response.

1900 blk. Skyline Dr. Vehicle accident.

3300 blk. Massachusetts Ave. Commercial industrial fire.

7800 blk. Mt. Vernon St. Possible stroke

Dec. 15, 1998

3100 blk. Bancroft Dr. Fall.

7500 blk. Orien Ave. Single-engine response.

7500 blk. Pacific Ave. Emphysema.

7000 blk. Broadway Ave. Single-engine response.

PUBLIC NOTICES

CITY OF LEMON GROVE DEPARTMENT NOTICE OF PUBLIC HEARING FOR A MUNICIPAL ORDINANCE REVISION

NOTICE IS HEREBY GIVEN THAT the City of Lemon Grove will hold a public hearing on Tuesday. February 2: 1999 at 6:00 p.m. in the Lemon Grove Commu-nity Center. 3146 School Lane.

Lemon Grove and SUBJECT ZA 98-06-REVI-SIONS TO THE CITY OF LEMON GROVE MUNICIPAL CODE SECTIONS 12 04 AND CODE SECTIONS 12 04 AND 13.08 AND REVISION TO THE DEVELOPMENT CODE SECTION 18.08 CITY OF LEMON GROVE TO CONSIDER REVISIONS TO SECTIONS REGARDING. GRADING. WELLS. STREETS AND SIDEWALKS. SEWERS AND DRAINAGE. AND CERTIFICATION OF NEGATIVE DECLARATION WEND. 12. RATION #98-ND-12

APPLICANT LEMON GROVE CITY OF

At said hearing, any interested person may appear and be heard A Draft Negative Declaration of Environmental Impact has been filed by the City of Lemon Grove for this project. The Initial Study which has been prepared for th project is available for public review in the Office of the Com-munity Development Department 3232 Main Street, Lemon Grove. California 91945

Questions regarding this hearing on the Negative Declaration and Ordinance Amendments may be addressed to Carmen Kasner or Linda S. Niles at 3232 Main Street, Lemon Grove, CA 91945-1797 and at (619) 464-6934 on weekdays between the hours of 8:00 A.M. and 5:30 P.M. City Hall is closed every other Friday LINDA S. NILES

COMMUNITY DEVELOPMENT

IN COMPLIANCE WITH THE AMERICANS WITH DISABILI-TIES ACT (ADA). THE CITY WILL PROVIDE SPECIAL ACCOMMODATIONS FOR PERSONS WHO REQUIRE ASSISTANCE TO ACCESS. ATTEND AND/OR PARTICI-PATE IN MEETINGS OF THE PLANNING COMMISSION IF THE COMMUNITY DEVELOP MENT DEPARTMENT AT (619) 464-6934 AT LEAST FIVE DAYS PRIOR TO THE SCHED-ULED MEETING

CITY OF LEMON GROVE NOTICE ADVERTISING FOR PROPOSALS Sealed proposals will be received at Lemon Grove City

Hall located at 3232 Main Street. Lemon Grove, California, up to the hour of 2.00 p.m. on January 26, 1999 for performing work as

PHASE II SEWER REHABILITATION PROJECT CONTRACT NO. 99-01

PROJECT DESCRIPTION:
The work to be done consists of installing approximately 9.367 linear feet of 6-inch. 8 inch. and 10-inch cured-in-place pipe lining. performing 61 point repairs on sewer pipelines installing 13 new manholes, replacing approximately 30 linear feet of existing 8-inch VCP pipe with 8-inch PVC pipe adjusting 2 manholes to grade lining the bottom of an earth chan-

obtained by calling Scantech. Inc at (619) 495-0727 for a nonrefundable charge of approximat ly \$25.00 All bidders should

direct their questions during the bidding period to Ken Simmor John Powell & Associates. Inc (760) 753-1120

All work must be completed in 196 days. The Bidder for this Contract must possess a salid General Engineering Contractors A License The successful Bid-der must have a City of Lemon Grove Business License prior to mencement of work

The City of Lemon Grove will not discriminate on the grounds of race color, sex or

national origin

Attention of Bidders is particularly called to the requirements of wage rates to be paid under the Contract. It should be noted by all Bidders that the current State Pre-vailing Wage Rage Scale for the San Diego area will be required to C. GROVE
be paid by all Bidders under the conditions of the Contract Specifically, the Wage Scale is the most recent. General Prevailing Wage Determination Made By The Director of Industrial Relations. THE PETITION requests that MARSHA ANN COOK THE PETITION requests that MARSHA ANN COOK be appointed as personal preparative to administer 2,3 and 5 to the life responsibility of the Prime Com-Division 2 Chapter 1 Part 7 Arti-cle 2.3 and 5 It shall be the responsibility of the Prime Contractor to comply with all applica-ble sections of the California Labor Code including, but not limited to. Sections 1776 and

right to reject any and all bids any ibination of bids or any infor mality in a bid Bids must be accompanied by a 10% Md bond as specified in Section I. General Information for Bidders of the documents. No Bidder may withdraw his bid without forfeiture of his bid bond within sixty (60) days after the actual date of the bid

The City of Lemon Grove mplies with the Americans with Disabilities Act. If you require reasonable accommodations for this bid opening, contact the City Clerk's Office. (619) 464-6934. at least 48 hours prior to the sched-

NOTICE OF PETITION TO ADMINISTER ESTATE OF: CHARLES CALVIN GROVE AKA CHARLES C. GROVE CASE NO. P173932

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: CHARLES CALVIN GROVE AKA CHARLES C. GROVE

dent.
THE PETITION requests
the decedent's WILL and
codicils, if any, be admitted to probate. The WILL
and any codicils are available for examination in the
file kent by the court file kept by the court. THE PETITION requests

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) to the proposed action.) The independent adminis-

tration authority will be granted unless an interest-ed person files an objection to the petition and shows good cause why the court should not grant the au-

should not grant the authority.

A HEARING on the petition will be held on February 1, 1999 at 1:45 P.M. in Dept. 35 located at 220 West Broadway San Diego CA 92101-3409.

IF YOU OBJECT TO the granting of the petition

IF YOU OBJECT TO the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in nerson or by your attorney.

before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court to the personal representa-tive appointed by the court within four months from the date of first issuance of letters as provided in sec-tion 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner:
Daniel B. Crabtree, Esq.
Crabtree & Crabtree
3143 Fourth Ave. 3143 Fourth Ave. San Diego CA 92103-5802 01/12, 01/14, 01/19

notes) secured by said Deed of Trost with interest thereon as provided in said notes] advances if any under the terms of the Deed of Trost settimated fees charges and expenses of the Trustee and of the trusts created by said Deed of Trust. I owill create this said Deed of Trust interest the said Deed of Trust interest that additional advances if any will increase this additional advances if any will increase this additional advances if any will increase this figure prior to saie. The beneficiary under additional advances if any will increase this figure prior to saie. The beneficiary under delivered of Trust Investigate exercises, LLC, as Trustee Ence Cookin Armorod Synture. Additional advances in the said property is formed to be advanced to the country where the real property is formed to provide the provided in the country where the real property is formed to provide the provided to the country where the real property is formed to provide the provided to the country where the real property is formed to provide the provided to the country where the real property is formed to provide the provided to the country where the real property is formed to provide the provided to the country where the real property is formed to provide the provided to the country where the real property is formed to provide the provided to the country where the real property is formed to provide the provided to the country where the real property is formed to provide the provided to the country where the real property is formed to the provided to the provided to the country where the real property is formed to the provided to t

PROCEEDING AGAINST YOU YOU SHOULD CONTACT ALAVYER ON 2020/1999 of 1000 AM Lonestar Mortgagee Services, LLC, as obly apported finate under and present to Deed of Tinst recorded 07/31/996, as Instituted No. 499, and 1990 on 1990 on



Free **t** Tuesday Live! **A** Box Ads



Free reader advertising boxes are now being offered in our six Tuesday Live publications. We encourage sports, recreation or fitness items, but, hey, advertise your yard sale if you want.

Garage sales OK send 10 days ahead

Banquet Facilities La Mesa Community Center: Available for wedding receptions, private parties ranging from 100 to 600 people. Features: kitchens, tables, chairs, dance floors, stages, BB's. Call 667-1307.

EXERCISE EQUIPMENT: Aerofit walker with monitor and video, \$100; adjustable slanted abdominal bench, \$35; Bollinger Trimrider, \$50/best. Call Rod after 4 p.m. 670-9617.

WANTED: Yashika FX2 Camera, or similar to it or can adapt to Yashika telephoto and wide angle lenses. 462-8485.

BRIDAL FAIR: East County Bridal Fair looking for exhibitors for September Bridal Fair. Florists, D-Js, photographers, Bridal Consultants, gowns, etc. Please call Adolfo

at 667-1307.

EXERCISER: Weslo Cardio Glide, with console, new, in box, never used, \$60. 445-5898.

RESTAURANT Exper line cook needed immed. \$8.50/hr, health benefits as of 6/99. Call Cheryl at Julian Cafe and leave qualifications. (760) 745-0816

GROCERY - Produce Clerk for natural foods store. Produce exper required. Parttime, 20-30 hrs/wk. Apply in person at Sunshine Organic Foods, 3918 30th St., or Fax resume to 294-9612.

ONLY FIVE BOLD WORDS Items are limited to 30 words or less. Phone numbers count

as one, hyphenated words as two. Our current Tuesday Live circulation is at least 5,000 per week.

CAREGIVER/COMPANION To assist active female. Drive, shopping, light housekeeping. Full time position. Live in/out. Nonsmoking, fluent English, available to travel. San Diego State area. Call 583-3568 after 6pm

MASSAGE THERAPISTS: Let us build your next table! Sensible design. Light.maneuverable. Virtually unbreakable. Our 30th year. From \$295! Call today. Eugene, 481-8603

WORLD OF KIDS! Join us for a procession at KingFest East County, 6 p.m. Jan. 17 at the La Mesa Community Center. Ethnic costumes encouraged. Call 462-8485 for

DACHSHUND AKC mini puppies, health guar, home raised, \$375, 443-0025.

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

1986 Dodge Colt: Have all papers on repairs. It's a deal you must see to appreciate - needs some repairs. This would be a steal for a good mechanic. Call weekdays after 6 p.m., all day Sat. - Sun. 475-9462

DRIVER, Class A, 2 yrs reefer exp., others need not apply. Mainly 11 western states. We're hiring immediately. Work for a small, friendly company that brings you home often! Keith 441-0903. No Sunday calls. please.

PARAKEETS: one male, one female, 6-months-old, Cage, accessories, some foods. All for only \$69. Call before 10 a.m. or after 8 p.m. 449-9344

TREADMILL: Icon, wide belt, includes speed, time, pulse, calories, safety clip, \$375. Weekdays, 9 a.m. - 5 p.m. 563-9703.

ACTIVITY AIDE F/T, experienced, outgoing. Apply Regency Park Retirement Home, 5740 Lake Murray Blvd La Mesa

TIRED OF SMOKING? Join the thousands like yourself that quit in 7 days with all natural. "Smoke Away" Guaranteed. 1-800-611-5930, xca 7742-2.

EL CAJON 55 & Better Senior mobilehome park, quiet serene atmosphere w/pool, jacuzzi, potlucks, bunco, and caring management team. 1, 2 and 3 BRs. Call 562-5755 to see your new home.

RESTAURANT FOOD SER-VERS, P/T & F/T. Duties incl bringing meals to residents' table, cleanup when finished with meals. Do you have a cheerful nature and enjoy working as vital team member, stop for application, 444 Prescott, El Cajon.

To submit an ad	use this form provided.	MAIL to Forum P	ublications, box 1	21, Lemon Grove CA 31	.040.

Name	Daytime phone			
BOLD WORDS: 1.	2	3	4	5
Text: 1	2	3	4	5
6.	7.	8	9	10
11.	12.	13	14	15
_	17.	18	19	20
16	22.	23	24	25
21	27.	28	29	30

Business & Service Directory

ATTORNEYS

Affordable Divorce 20 years experience Free Initial Consultation Lawsuits, Bankruptcy. Real Estate, Wills, Trusts DANIEL R. KNOWLTON 464-2255

TAX OFFICE

579-9739

DAY CARE

Lakeside Licensed Day Care \$50 per week (1st 6 mos.) CPR - 1st AID Fenced Yard - MEALS 390-3655

PRINTING

REGULAR LAWN CARE

Twice Monthly as low as \$30 SECOND MONTH FREE Also, clean-ups, weeds

461-3342

Silva & Silva Asphalt Maintenance \$99 for 1st 1,000 sq. ft. 5-8¢/sq. ft. after that We take VISA & M/C 718 Waimea Dr. El Cajon

PHOTOGRAPHY

PHOTOGRAPHY BY LORA



CANOPIES

CANOPIES, TARPS, TRUCK COVERS Retail & Wholesale, no job too big or small free estimate!

CHRIS'S CANVAS 7850 Lester Ave Lemon Grove 466-7411

The Business & Services Directory \$50 for 4 weeks or \$80 for 8 weeks.

Mail your copy to: P.O. Box 127, Lemon Grove, CA 91946

Thursday Classified Ad Coupon

Classification desired Message

Name Phone number

Your ad will run in all six Forum Publications newspapers. Send your check for \$3 per line (30 characters and spaces) for each week with your ad to Forum Publications, Inc., PO Box 127, Lemon Grove, CA 91946

Subscription Coupon

□ El Cajon Eagle	→ Lakeside Leader	La Mesa Forum
☐ Lemon Grove Review	Santee Star	□ Spring Valley Bulletin
int to subscribe to the newsna	ner(s) I have checked al	bove. I understand that 52 weekly er newspaper (outside San Diego

County in USA - \$40.00). I am enclosing my check to start my subscription(s)

Address

Zip City Phone

Mail to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Basketball

Continued from Page 1

will be looking to most will be 5'11" center Erica Trusdell, 5'7" guard Kelly Alex- Rhea dumped in 33 points, ander and 5'8" forward Kirsten Tucker.

He especially noted that three-vear starter Alexander has made the state finals in the 200 meters every year since she was a freshman.

He felt that with his team running a fast break offense and full-court man defense, it makes his team very competitive.

He admits, as do all the South coaches, that Mount Miguel and Valhalla are the teams to beat this year, but that he has the talent and experience, with four seniors March. who start, to be in the race.

NORTH

There is little doubt that El Capitan is the favorite to win the North, being led by highly talented 6'1" senior center Kendra Rhea, who may be the best center in the county.

Jim Mottershaw, now in his eighth year as coach of the Vaqueros knows the value of his center, as the offense is built around getting he the ball inside.

In the game last Friday

against Valhalla, despite the Monarchs collapsing zone, mostly on a short fade-away

But, on top of that, the Vaqueros also has guards iunior Megan Long at 5'7" and aggressive senior Angela Cardenas at 5'3" to run the offense. The team also likes to press all over the court on defense.

Mottershaw noted that his team has moved up to Div. 1 from Div. II this year, but is looking to see if it can "do some damage in the CIF" and make it to the finals in Cox Arena in

He added that his team had finished in the semis for the last two years.

He would not admit to being a cinch winner, but noted that always good Santana and an up-andcoming West Hills will be tough this year.

West Hills ran off and hid from Helix in their game on Jan. 5 with their top players, senior center Sandra Goins, senior guard Rashida White and junior forward Stacev Ostrander, all playing well at both ends of the floor.

Coach LuAnn O'Neil has coached the Wolf Pack girls team since the school opened 11 years ago

She felt that, despite the presence of El Cap, the team is very capable of winning it all in the league with teamwork, execution and intensity on defense.

El Cajon Valley has a new coach, Leslie Ellis, a former assistant at El Capitan.

She felt that this first year will be a learning one. but that she has a lot of talent and it will be just a matter of learning to be more disciplined

She said that the team will run, but take what it can get on offense. She does expect to have a winning season and hopes to advance year.

over last year's fourth place finish in league.

With a senior-laden team led by 5'6" guard Leslie Downing, 6'0" center Nicole Shaw and 5'4" forward Leilani Tialavla, the coach expects them to win.

Ellis noted that Tialavla can really jump, negating any dieficiency at being a 5'4" forward.

(We were unable to contact in time for publication, the Santana and Grossmont

It is noted that second year coach Kris Farris took her team to the Div. II finals last year and has a veteran

Grossmont finished in fourth in the North last

State honors local student/athlete

Mount Miguel's Joseph "Bobby" Merritt was named recently as the first-ever statewide Sportsmanship/ Citizen Award winner (boys).

Merritt, a three-sport performer for the Matadors, played football, baseball and basketball. He was co-captain in football and team captain in baseball.

Mount Miguel football coach, Dwight Morris wrote in his letter of recomendation that Merritt's ability to work with others and lead is a quality necessary in life which enabled the player to do as well as any player the coach has ever had.

Morris also wrote that Merritt is one of the most unselfish people he had ever

Merritt was the only East County player among either the 20 girls or boys finalists from which the award winners was chosen.

Each CIF school is allowed to nominate one male and one female athlete or cheerleader who demonstrate exemplary sportsmanship/citizenship during each season of sport.

Send us your sports news and photos* TODAY!

Box 127, Lemon Grove CA 91946

*Enclose self-addressed. stamped envelope if photos are to be retuned.

Singing Hills Golf Course picks Rookus to run club

Mike Rookus

By Norrie West

There's a new man in charge at Singing Hills Resort these days, fellow

named Mike Rookus, and he's certainly no Johnny-comelately.

Hardly Rookus was 10-years-old when he first saw the Singing Hills cours-

That was vears ago. when Uncle his

Steve and a fellow named Jerry were running things there

It never occurred to him then, back in 1963, that someday he would be the number one man there, managing the total operation.

But, that is what did happen. In 1996 after spending 17 years learning the business, he was made general manager.

After all, Steve Horrell and Jerry Hollingsworth had run the outstanding El Cajon golf facility since its birth 40 years before, and it was time for someone else to step in. Not that Steve and Jerry are not there still.

What none of them knew, especially Rookus, was that long-time Director of Golf Tom Addis would be leaving (he did so in August) and that would leave a big hole for someone to fill.

It turned out that Rookus would take on much of Addis's old duties, on top of his general manager's chores.

"Actually," Rookus said. "I first went to work here in 1967, doing manuel labor, helping Dave Fleming, our me," Rookus said.

course superintendent, with landscaping and irrigation. and even switchboard operator at the lodge and as a desk clerk there too.'

> Addis was there until 1972. even mowing greens while was to Grossmont College. earned a two-year AA degree here, then transferred to Arizona State at where he

graduated in 1975 with a Bachelor's degree in Business Administration.

Over the years since 1979, he has moved up through various jobs at Singing Hills, including lodge manager.

"I tried a couple of things after college, but I just could not stay away," Rookus said.

Filling the big shoes of Tom Addis, who was there for 30: years, is no easy thing. But, he's getting great help from Mike Rienhardt, PGA, who is head professional there, and that is a big assist.

Rookus is working on two major projects - over-seeding the three Singing Hills courses with winter rye, and refurbishing the banquet

He is raising a family in El Cajon. There is helpmate Kathy and their three children: Mike, 18, Cuyamaca College; Natt, 17, Valhalla High; and Macie, 11, Fuerte Elementary School.

"It's a good thing my two mentors. Uncle Steve and Jerry, are also here to help

East County High Schools

Sports Schedule

Tuesday, Jan. 12 - Tuesday, Jan. 19 Check with schools for times

Tuesday (1/12) - Boys Soccer: (Girls at opposite sites) **Monte Vista at El Cajon Valley, Granite Hills at West Hills, Grossmont at Helix, Santana at Valhalla, Mount Miguel at El Capitan, Christian at Lincoln (boys only). Girls Basketball: (Boys at opposite sites) Christian at Coronado. Girls waterpolo: Santana at Grossmont

Wednesday (1/13) - Wrestling: Granite Hills at Monte Vista, Mount Miguel at Helix El Caion Valley at Grossmont West Hills at El Capitan, Valhalla at Santana. Girls Soccer: Christian vs. Marian. Girls Water Polo: Mount Miguel at Granite Hills.

Thursday (1/14) - Boys Soccer: (Girls at opposite sites) West Hills at Monte Vista, Granite Hills at Grossmont, Helix at Santana, Valhalla at El Capitan, El Cajon Valley at Mount Miguel, Christian vs. Clairemont (boys only) Christian Girls at LJCD Girls Water Policy Granite Hills at Helix., Grossmont at El Cajon.

Friday (1/15) - Girls Soccer: Christian at Hoover. Girls Basketball Boys at opposite sites) Christian vs. Madison

Tuesday (1/19) - Boys Soccer: Christian at Madison. Girls Soccer Christian at Coronado.

We need 72 people who would like to make up to $$1,200^{00}$

We are looking for people who want more and have the courage to go after it.

Call (619) 374-4657

"Success is in the mind"



American Digital Network Internet for \$14.40 a month with 1 year prepay **PLUS FREE** PERSONAL WEBSITE **Call Doug at ADN** 576-4272 ext 229